

Snack and Meal Ideas

All snacks and meals should *offer* a carb, protein, and fat, even if children don't eat from each category. If it's easier, you can plan in terms of the food groups. Look for a starch or grain, add a fruit and/or veggie, some fat source, and you should be covered. It takes a lot of planning, but your kids can learn to enjoy a variety of foods if given the opportunity, without pressure. Choose and prepare foods (such as grapes and meats) based on your child's ability to chew and swallow. Address any allergy concerns with your child's health care provider. I am hoping this list will give you a few ideas as you stare into your pantry. There is a mix of convenience and from-scratch items to get you thinking. Plan for sit-down snacks and meals every 2 to 3 hours for younger children, and every 3 to 4 hours for older children. You will notice many of the snacks could be meals too. Good luck!

In General for Snacks

Aim for two to three items from various groups:

Grains (carbohydrates): pita bread, bread, rice, cereal, crackers, graham crackers, whole wheat crackers, pasta, tortillas, bagels, English muffins, popcorn, rice cakes, and crackers.

Fruits (fresh, frozen, dried, or canned): banana, apple, pineapple, pear, melons, applesauce, grapes cut in half, mangos, kiwis, strawberries, berries, dried fruits like prunes (cut up,) raisins, Craisins, and 100% fruit nectars or 100% juices (not sugar-added drinks).

Veggies: carrots, peas, corn, peppers, cucumbers, pickles, cherry tomatoes, beets, squash, edamame (green soybeans), sweet potato, potato, lettuce, avocado, celery, and beans.

Meats and protein: lunch meats, chicken, pork, beef, turkey, hummus (chick pea dip), baked beans, peanut or other nut butters, refried beans, milk, cheese, Greek yogurts, soy products like edamame or tofu, shrimp, and fish. (Try ground meats or prepare them in the slow cooker. Add sauces and gravies to make them easier to chew.)

Dairy: Two to three servings a day (milk, cheese, yogurt, cottage cheese, puddings, and smoothies).

Fats: Often included with dairy (butter, milk, yogurt, cheese, and cream cheese) and meats and some crackers like Ritz. In addition, sauces and dips (ranch, thousand island, etc.) oils, avocados, olives, homemade dressings, nuts and nut butters, ice cream, cookies, fried foods.

Sample Snacks

Serve with milk or water, or watered-down fruit juice on occasion.

- Baked beans, crackers
- Small muffin with butter, carrot sticks
- Scrambled egg with grated cheese, apple slices
- Leftover pizza, raisins, cherry or grape tomatoes cut in half
- Ham sandwich (whole wheat bread, ham, cheese or mayo) leftover veggie like carrots and peas, cut-up pineapple
- Leftover macaroni and cheese with tuna, pickles (spears or rounds)
- English muffin with flavored cream cheese, sliced red peppers
- Leftover spaghetti with marinara or meat sauce, yogurt, Clementine
- Rolled-up lunchmeat with cream cheese or Miracle Whip, applesauce
- Whole-wheat bread with turkey and hummus, cut-up grapes
- Soft mini-bagel with cream cheese, sliced strawberries
- Cooked shrimp with cocktail sauce, whole-grain crackers, cucumbers
- Whole-grain crackers, cheese stick(s)
- Apples with nut butter, dry cereal (like Chex or other with <6 g. sugar per serving)
- Oatmeal and raisin cookies
- Ants on a log (celery with peanut butter or cream cheese with raisins)
- Tortilla chips with melted cheese (and salsa), canned mandarin oranges
- Baked pita chips with hummus, baby carrots
- Quesadilla (tortilla with refried beans and melted cheese), pickles
- Tuna salad (tuna with Miracle Whip or mayo and sweet pickle relish), crackers
- Cut-up grapes, fig cookies
- Cucumber strips, ranch dip or hummus, pita bread
- Banana smoothie with yogurt and berries, graham crackers
- Cinnamon-raisin toast with butter, fruit yogurt
- Waffles or pancakes (freeze well and toast) with syrup or jam, applesauce
- Frozen mixed veggies (some kids like it frozen!), crackers
- Cottage cheese, berries, crackers
- A few slices of shredded lunchmeat (or rolled with cream cheese), toast, pineapple
- Carrots and ranch dressing, raisins
- Rice Krispies treats, banana
- Tortilla rolled with cream cheese or butter, apple slices
- Tortilla with melted cheese, orange slices
- Popcorn with butter and a sprinkling of salt and/or sugar, dried fruit

Visit www.thefeedingdoctor.com for updated snack and meal ideas!